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Inside this issue:

From the FRO	3
Chaplains Corner	4
Promotions	5
EVENTS	6
OPSEC	9

HEADLINES

VOLUME 1, ISSUE 5

FROM THE CO

Dear Family and Friends,

For the CLB-3 Force Generation Element, January started with the deployment of over 50 Marines and Sailors to the Pohaku-loa Training Area (PTA) for exercise Lava Viper. It also marked the start of training for the fielding of Global Combat Support System - Marine Corps (a new supply and maintenance system) to the battalion. This new system will be very important for the battalion to facilitate our mission to provide supply and maintenance support to units at K-Bay. Over the coming months, many of the Marines of the battalion will receive training on the new system, and it will finally allow us to transition away from the current systems that were developed in the early 1970s.

For the CLB-3 Marines and Sailors in Afghanistan, the pace of operations remains busy, but morale stays high. We also saw the first indications of the end of the deployment this month with the visit by the Combat Logistics Battalion 7's Pre-Deployment Site Survey team. CLB-7 will be our relief in April, and their planners spent about a week with us learning about the mission here in Afghanistan and the area of operations. Later this month, we will cross the halfway point of the deployment!

Next month's big event for the Battalion is the Swamp Romp on Saturday, 26 Feb 2011. The Swamp Romp is a five mile run for 6-person teams through mud and obstacles over the dirt trails on MCBH Kaneohe Bay. CLB-3



provides much of the support for preparation of the course as well as personnel to help run the event. If you're up to the challenge, I encourage you to sign up. Additional information can be found at: <http://www.mccshawaii.com/cgfit.shtml>.

Semper Fidelis!

LtCol Hank Lutz



FORCE GENERATION ELEMENT (FGE) CO

Dear Family and Friends,

As we are coming out of the Holiday season I hope everyone had a very Happy and Safe Holiday. I want to continue to thank each and every one of our Marines and Sailors for all the hard work and long hours that they have been putting in over the last few months and I want to thank the families of the Marines and Sailors for their understanding and patience and all of the hard work and support you have given them. January will continue to remain busy for many of us as we have a good number of Marines from the FGE deployed out to

the PTA in support of 3rd Marines preparation for their deployment. These Marines have done an outstanding job preparing themselves and equipment for this exercise and I know they will perform flawlessly. I also want to thank everyone for coming out to the Holiday party and their support and participation was great! Some upcoming events that we hope everyone is able to enjoy include a Potluck in Jan. for the deployed Marines Families and in Feb. CLB-3 host the annual Swamp Romp which I know a lot of Marines and Families look forward too participating in.

Last thing I wanted to say is ...WOW its 2011 that's hard to believe and before you know it CLB-3 will be back off their deployment and back on the Beach, We look forward to their safe return and I want to wish everyone a Very Happy New Year!!!

Thank you,
Semper Fidelis
Capt Brad Phillips

FORCE GENERATION ELEMENT (FGE) SNCOIC

Dear Family and Friends,

I hope that everyone had an enjoyable and safe holiday season. As we start the New Year, we have Marines at the Big Island supporting training for units aboard MCB. This is one of our missions that we routinely support throughout the year. I know

that they will be very successful and dedicated to providing outstanding logistics support during the training exercise. Thank you for all your support to the deployed Marines. SgtMaj Maness has expressed her great appreciation for all the packages they received during the holiday period.

Thank you for all you do.

Semper Fi!
MSgt Jonathan Scott

Military OneSource

Whether its help with child care, personal finances, emotional support during deployments, relocation information, or resources needed for special circumstances, Military OneSource is there for you... 24/7/365! Online or by phone, Military OneSource is fast, confidential, and easy to use, and there is no cost to the service-member!



*Follow the battalion's deployment on Facebook!!
Come visit us at Combat Logistics Battalion 3!!*



FRO Office: (808) 257-2514
(C) (808) 347-5710

Dep FRO: (808) 257-2023
(C) (808) 366-9644

IMPORTANT PHONE NUMBERS

CLB-3 Officer of the Day:	(808) 257-1600
Red Cross:	(808) 257-8848
Child Protective Services:	(808) 832-5300
Domestic Violence Hotline:	(808) 531-3771
Federal Fire Department:	(808) 471-7117
PMO KBay:	(808) 257-9111
Branch medical clinic:	(808) 257-3365
Housing Office KBay:	(808) 257-1257
Bus Schedules:	(808) 848-5555

READINESS AND DEPLOYMENT SUPPORT

Kids-N-Deployment
Kids-N-Deployment provides a structured setting to help children positively and successfully cope during deployment. Puppets Sam, Chris and Mr. Worry help children work through their concerns about deployment. Two concurrent sections of the workshop will be offered: Workshop for Kids and Parents Helping Kids.

Kids "In the Midst" Workshop
Kids In the Midst Workshop is an interactive workshop consisting of four venues. These four venues are

designed to give children F.E.E.T. Fun, Education, and Exciting Tools that help kind ages 4 - 18 years old with military life. Help Your Kids get on their F.E.E.T.

Kids-N-Reunion
This workshop helps prepare kids for the return of the deployed military member. Puppets Sam, Chris and Mr. Worry return to ease children's fear about homecoming. Concurrent workshops will be offered for kids and for parents. Learn ways to make homecoming fun for the entire family. For more information on these

upcoming workshops, please contact Readiness and Deployment Support Trainers:

Readiness and Deployment Support Trainers:
808-257-2658 or 808-257-2650

**FROM THE FAMILY READINESS OFFICER**

Happy New Year! It's hard to believe that we went through 2010 that fast. This should give us some indication that soon and very soon the deployment will be over. So hooray for 2011!!

Before I go any further, I would like to thank all those who helped with making our holiday party a success. It is the many selfless people that work behind the scene that makes all of our events memorable. Again, thank you for caring so much for your fellow CLB-3 family members.

To start off the new year, we invite you to attend the In the Misdst Brief, the Mid-Deployment Pot Luck Dinner and the Valetine's Day Video Message. Please log in on our Facebook page or refer to our January weekly publications. There will be more to come to keep us busy pending the return of our Marines and Sailors. Also let's start thinking about our return/reunion celebration. We want our warriors to know that we appreciate their sacrifices by making their return like something you'll see in a Hollywood movie.

As always, I invite you to be a part of this great program by volunteering. It is a way to give back and create new relationships. Those who are currently volunteering can testify that we are like a family and we do have fun. Should you be interested please contact me, Jerome Morris at 257-2514 or jerome.morris@usmc.mil.

Warmest regards

Jerome Morris

Family Readiness Officer

CLB-3

CHAPLAIN'S CORNER

Ready, Set, Go!

On your mark, get set, GO! Are you ready for a new year? I'm still wondering where the last one went. I felt all year like I was in a race that I couldn't control no matter how hard I tried. Life can be the same. Birthdays, holidays, anniversaries, vacations, and meetings all take a big bite out of the small times we think we control—Sometimes I wonder if we are in control at all. Rush here, rush there; finished that, started this. After awhile "Ready, Set, Go" has "already got up and went."

The Bible tells us to be ready in season and out of season. January 1st my family and I were boogie boarding down at Pyramid Rock, when all of a sudden President Obama decided to join us—He sat about 20 yards from us. The secret service did not let anyone past our chairs being that my family was sitting the closest to him. After about 2 hours, he got up out of his beach chair, walked right over to my family and talked to us as we took pictures. It was a great honor, even though I voted for the other guy.

It was an honor to meet a sitting president, especially with my family.

When we woke up that morning and went to the beach, we never dreamt we would be spending the day with the President of the United States. Days may be cumbersome at times as schedules fill and overflow. But, if you take care of yourself, eat right, exercise and are ready, then surprises become a welcome instead of a stressor. READY—If not, now is a great time to sit down and start planning for the months to come. SET—Stick to the plan. GO—And do great things.

Blessings and Happy New Year,

Chaplain Gary Foshee



Office: (808) 257-1565

Acts 20:35--I have shown you all things, how that so laboring ye ought to support the weak, and to remember the words of the Lord Jesus, how he said, It is more blessed to give than to receive

CREEDO

*Enhancing Readiness · Transforming Lives
Optimizing Leadership Potential*

CREDO is the Chaplain's Religious Enrichment Development Operation, a service of the United States Navy Chaplain Corps. This retreat ministry is funded by the Chief of Naval Operations and sponsored by the Navy Chief of Chaplains.

CREDO offers Personal Growth Retreats and Marital Enrichment Retreats. With the most beautiful oceanfront locations on Oahu,

CREDO offers participants a place to relax and get away from the stresses of everyday life.

CREDO weekends are available to all active duty, military spouses, Reservists, Retirees, and DoD civilian employees, and their dependents.

To register for a retreat, please call 808-257-1919 during regular office hours.

Kaneohe Bay
Phone: 808-257-1919
Monday-Friday, 0800-1630





Staci Holt

L.I.N.K.S. Trainer

**257-2368 or
staci.holt@usmc.mil**

***Wear RED on
Fridays!! Show your
support!!!***



L.I.N.K.S.

Beyond the Brief "Stress Busters"

MCFTB hosts a series of classes for spouse and family members of deployed Marines and Sailors. LifeSkills sessions are targeted specifically to help Marines and their families successfully meet the challenges of everyday life, the mobile military lifestyle, and heightened operational/deployment tempo by targeting three main areas of Marine families: Family Life, Individual Enhancement, and Leadership Development. Contact Jocelyn Pratt, LifeSkills Trainer at 808.257.2653 or Jocelyn.pratt@usmc.mil to register for any or all of these Upcoming LifeSkills classes.

Calling all spouses! On 18 January, MCFTB is hosting a Space A Travel class as one of the Beyond the Brief Series. For more info or to sign up, contact Jayme at 257-2650.



PROMOTIONS AND AWARDS

To LCpl

Perez, Bronson K.

To Cpl

Golden, Jovi L.
Stodgill Jr., Tommy R.

To SSgt

Smith, Mailee T.



Potluck



Date: January 23rd, 2011

Time: 1400

Martha Gautier:
missmartica@hotmail.com
808 254-4927

Come out for the mid deployment potluck! That's right we are half way there already!!! Enjoy great food and friendship with other CLB-3 families. Bring your favorite game for you and your kids to share, or maybe a great movie (there is a big screen TV)!! Print out your favorite recipe to be added to the CLB-3 cook-book. Drinks (sodas—I know what some of you were thinking!!) will be provided by your Family Readiness Office, so please RSVP with your special, one of a kind dish. We can't wait to see you there!!!!

MCBH Cabanas, located on the other side of the flight line near Hale Koa beach.



ALOHA

In the Midst

Come and celebrate you and the achievements you have made during this deployment.

- 🌺 Visionboarding
- 🌺 Creative Journaling
- 🌺 Relaxation Techniques

WHEN:

**January 22, 2010
1000-1230**

WHERE:

MCBH Base Chapel
(Childcare is reimbursable)

RSVP:

by January 19, 2010
257-2650
jayme.alexander@usmc.mil

SEE YOU THERE!!

VIDEO VALENTINES!!!

WHEN: January 11, 13, 14, 18, 20, 21

FROM : 5:00 - 6:30

WHERE: Bldg 4030 Upstairs (Chaplains Bldg)

WHAT: We will be filming short video messages (2 Min) to be forwarded to our Marines and Sailors. Children are more than welcome. Please RSVP to either SSgt McCormack or Mr. Morris to ensure that we can get everyone one covered.

RSVP: Jerome.morris@usmc.mil

Andrew.L.mccormack@usmc.mil



OPSEC AND SOCIAL NETWORKING SITES

SOCIAL NETWORKING SITES (SNS), like Facebook® and Twitter®, are software applications that connect people and information in spontaneous, interactive ways. While SNS can be useful and fun, they can provide adversaries, such as terrorists, spies and criminals, with critical information needed to harm you or disrupt your mission. Practicing Operations Security (OPSEC) will help you to recognize your critical information and protect it from an adversary. Here are a few safety tips to get you started.

SAFETY CHECKLIST

Personal Information

Do you:

- Keep sensitive, work-related information OFF your profile?
- Keep your plans, schedules and location data to yourself?
- Protect the names and information of coworkers, friends, and family members?
- Tell friends to be careful when posting photos and information about you and your family?

Posted Data

Before posting, did you:

- Check all photos for indicators in the background or reflective surfaces?
- Check filenames and file tags for sensitive data (your name, organization or other details)?

Passwords

Are they:

- Unique from your other online passwords?
- Sufficiently hard to guess?
- Adequately protected (not shared or given away)?

Settings and Privacy

Did you:

- Carefully look for and set all your privacy and security options?
- Determine both your profile and search visibility?
- Sort “friends” into groups and networks, and set access permissions accordingly?
- Verify through other channels that a “friend” request was actually from your friend?
- Add “untrusted” people to the group with the lowest permissions and accesses?

Security

Remember to:

- Keep your anti-virus software updated.
- Beware of links, downloads, and attachments just as you would in e-mails.
- Beware of “apps” or plugins, which are often written by unknown third parties who might use them to access your data and friends.
- Look for HTTPS and the lock icon that indicate active transmission security before logging in or entering sensitive data (especially when using wi-fi hotspots).

THINK BEFORE YOU POST! Remember, your information could become public at any time due to hacking, configuration errors, social engineering or the business practice of selling or sharing user data. For more information, visit the Interagency OPSEC Support Staff’s website.

Think. Protect. OPSEC.
www.ioss.gov



WWW.DSTRESSLINE.COM



Can march in mountainous terrain carrying 90 pounds of gear.

Can hit the center mass of a target 500 meters away.

Can score 300 on the PFT.

Can't talk to his wife.

From the everyday stressors of life to the stressors related to combat, stress can affect even the strongest Marine. The DSTRESS Line was developed by the Corps to provide professional, anonymous counseling for Marines, their families and loved ones when it's needed most. Call today to speak with one of your own.

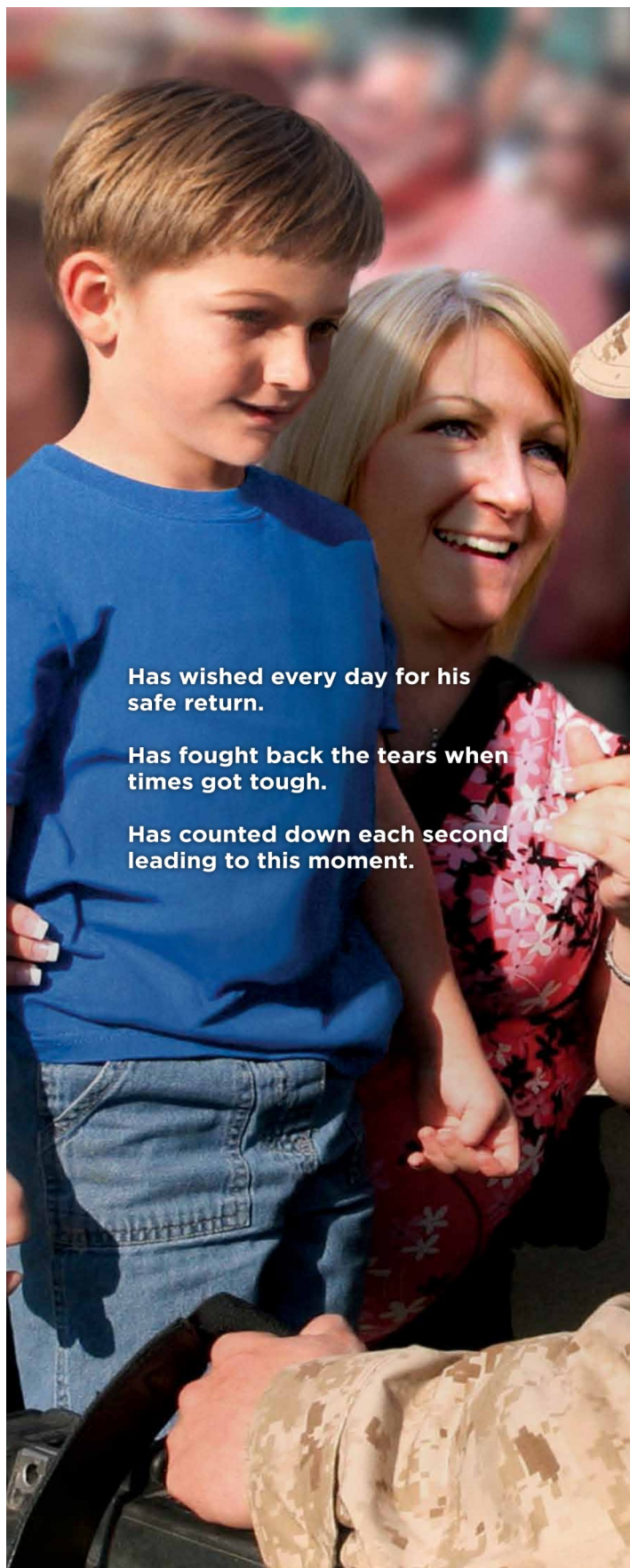


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WIN YOUR PERSONAL BATTLES.
1.877.476.7734
DSTRESSLINE.COM

 A SERVICE OF THE MARINE CORPS

Notice: The DSTRESS line (1-877-476-7734) is only available for current and veteran Marines and their families who are located in the following areas: OR, WA, CA, NV, AZ, ID, MT, NM, UT, CO, IA, KS, MN, MO, ND, NE, SD, WY, HI, AK and West Texas (Fort Bliss, El Paso area).

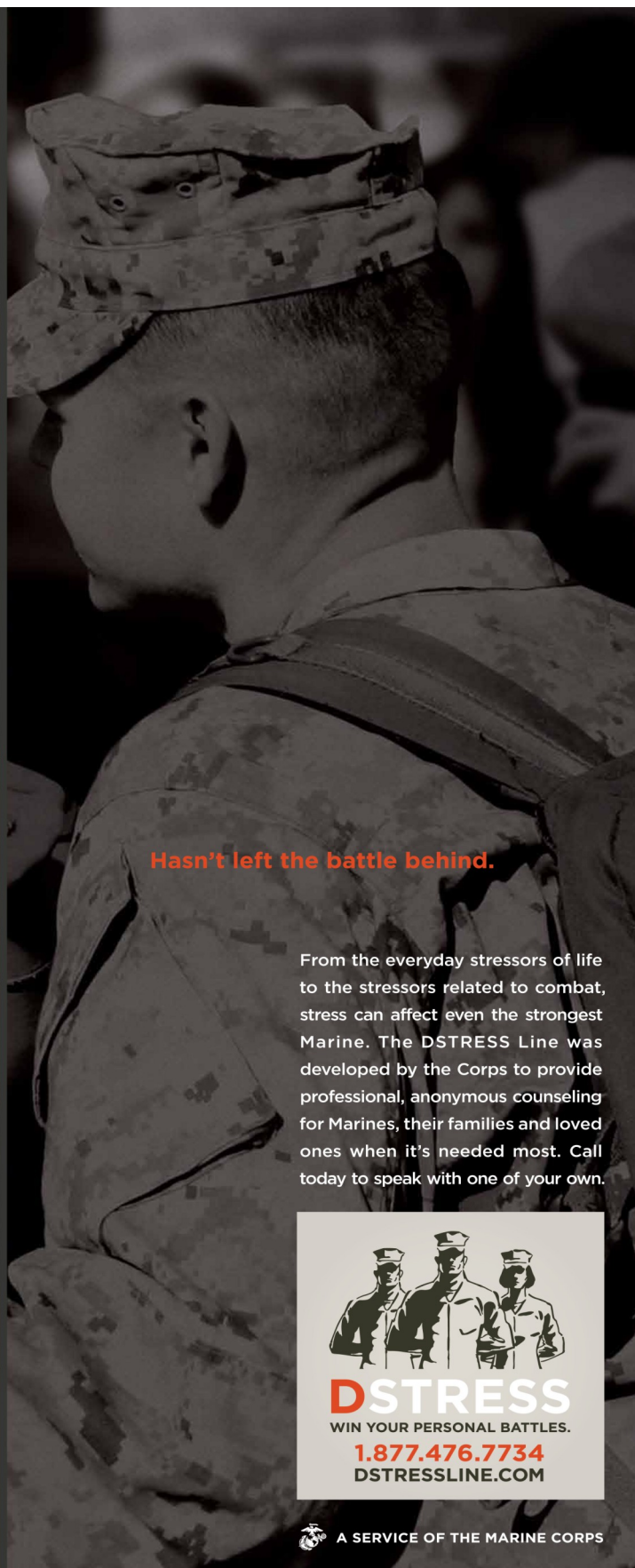
Your family is WAY too important to ignore this!! Please take a few minutes to review the resources offered for FREE on this site.



Has wished every day for his safe return.

Has fought back the tears when times got tough.

Has counted down each second leading to this moment.




Hasn't left the battle behind.

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